

WEEKEND EDITION

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FRIDAY, AUGUST 26, 2016

Sherbrooke, Magog police brace for re-entry

Record Staff SHERBROOKE

With the new school year, thousands of students are returning and with them an increased risk of incidents on the road.

As in past years, the Sherbrooke Police will conduct special road monitoring operations by the traffic squad. Officers from the Safe Environments Division will visit primary and secondary schools to meet supervisors, teachers and students.

The purpose of this activity is to sensitize students to the basic rules for pedestrians, and to maximize their safety and the safety of road users.

In addition, two special services will be established for the academic school year for the Université de Sherbrooke and for Bishop's University. Police presence will be very high near these institutions and nearby licensed premises to avoid any problems that might disturb the tranquility of residents. Officers will be on hand to meet students and deal with any public disorder and non-compliance.

"Every effort will be established to promote the concept of good neighborliness and for everybody to benefit from their environment," says Sherbrooke Police spokesperson Martin Carrier.

In Magog, new facilities have been installed to improve the safety of school children and pedestrians in the vicinity of the three elementary schools in Magog.

Near Saint John Bosco school on Dédace St. and St. Pius X on Saint-Charles), a white line has been marked on the ground to define a sidewalk. These temporary structures will be replaced with

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Going for the gold



MABLE HASTINGS

Seven year old Jada Manson has big dreams for the 2024 Olympics. Please see the full story in The Scoop on Page 4.

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## Weather



TODAY:  
40%  
SHOWERS

HIGH 26  
LOW 13



SATURDAY:  
SUNNY

HIGH 25  
LOW 10



SUNDAY:  
CLOUDY

HIGH 26  
LOW 17



MONDAY:  
40%  
SHOWERS

HIGH 24  
LOW 12



TUESDAY:  
MIX SUN &  
CLOUD

HIGH 26  
LOW 13

# Enchanting children books also for adults



## GOOD READS

### LENNOXVILLE LIBRARY

This Roald Dahl classic was first published in 1988 and holds a high ranking on the list of best children's literature. *Matilda*, available through interlibrary loan, was soon-after adapted into a stunning film, directed and acted by Danny DeVito. It is one of those novels - one of the books in the bookshelf, tattered and worn, pages falling out, that can always be turned to, no matter the occasion.

Matilda is an extremely precocious little girl and exceptionally gifted. Brilliant, a voracious reader, and self-sufficient even at the early age of four years and three months. Whilst it's quite improbable for a 5-year old girl to read *Great Expectations*, it isn't impossible - but all together adds to the love of this carefully crafted personality that is Matilda. Roald Dahl weaves a compelling

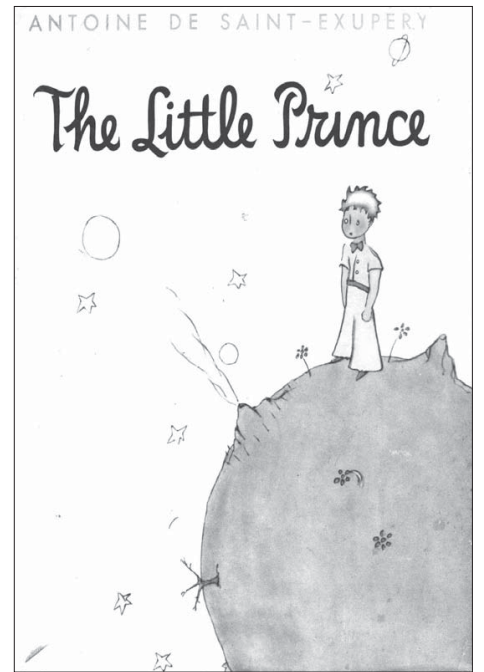
and creative tale comprising of the most outstanding characters. Miss Agatha Trunchbull, the wicked headmistress who terrorizes Matilda, is one of the most colorful villains in children's literature, capable of inspiring both fear and delight. And her exceptionally dim-witted parents add an air of astonishment to Matilda's accomplishments. It's a beautiful fairytale but certainly carries themes of gross neglect and is a commentary on absentee parenting and its role in our children's education.

It is a book that evolves over time, because it does contain adult subject matter in disguise. As a child the book is a simple hilarious tale with a dip into magical fantasy, it is of endless possibilities, but with age it becomes an instruction to parenting and happiness. The novel stretches barely about the 200 page mark, with approximately 50 of those being illustrations, and is great for the intermediate level reader (or gifted beginner).

Likewise, *The Little Prince*, available through interlibrary loan, is a fairy tale with big, grown-up questions that make you think about how to live your best life. The most intriguing aspect is the way the books molds to the reader. Once again it is a tale that can be told to children as well as adults, but neither will understand it in the same way. *The Little Prince* is the most translated book in the French language which subjects a little boy who leaves the safety of his own tiny planet to travel the universe. His personal odyssey permits him to understand the vagaries of adult behavior through a series of extraordinary encounters.

For all the gentle berating of adults this book holds, this strange novel was written by one of them. While the little ones are lured by the beautiful pictures, and incredible adventures, adults who know that loss of innocence can be crushing can understand another truth in the book. There is a painful understanding of why certain vain but naïve ones are lured by the beautiful pictures, and incredible adventures, adults who know that loss of innocence can be crushing can understand another truth in the book. There is a painful understanding of why certain vain but naïve ones are lured by the beautiful pictures, and incredible adventures, adults who know that loss of innocence can be crushing can understand another truth in the book. There is a painful understanding of why certain vain but naïve ones are lured by the beautiful pictures, and incredible adventures, adults who know that loss of innocence can be crushing can understand another truth in the book.

Written as a children's book, it is evident to see that it is written for the in-



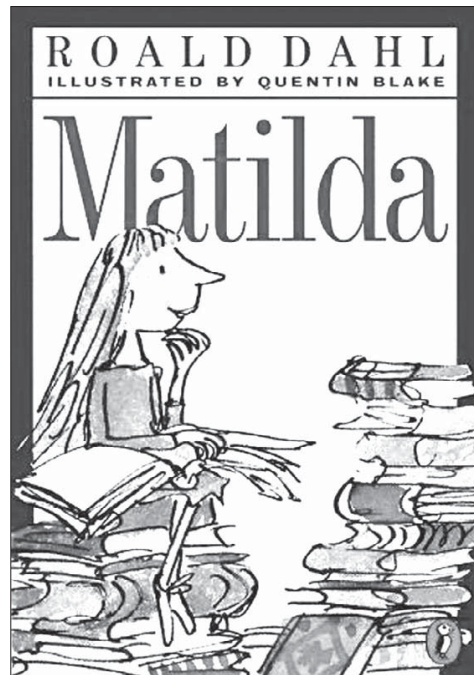
nocence - which everyone carries at heart. The book continues to be intensely lyrical and mesmerizing, and universally loved by all. It is approximately 100 pages covered in beautiful images that help to enrich the language of the young, perfect for a bedtime story. For further reading, Antoine de St-Exupéry's biography contains more mystical moments that contribute to the emotional aspect of the book.

First published in 1910, *The Secret Garden*, available through interlibrary loan, continues to capture the imagination just as much to the adult as it does for a child. Everyone can stand to remember the triumph of children's hearts over the societal opinions of adults. Frances Hodgson Burnett looked to gardening for healing from grief and mental collapse - she also believed in metaphysical healing, which is quite evident in the book.

Frances Hodgson Burnett uses the novel to explore the themes of mental and physical damage and healing. It demonstrates that children, can only show love, can only be lovable, if they have experienced love themselves. The evolution of the characters is a captivating one, Mary in initially described as tyrannical, unpleasant, thoroughly "unlovable" and somewhat odd. But how can Mary know anything about love, if she has never experienced love?

Along the way, Burnett comments on

CONT'D ON PAGE 7



## Ben by Daniel Shelton



# LOCAL NEWS

*"This is the end of the story for me here at the Cartier," Kaczmarowski said, "but the adventure does not stop."*

## "The adventure does not stop" Veronica Kaczmarowski on the closing of Le Cartier

By Gordon Lambie

The abrupt closure of the Le Cartier restaurant in Sherbrooke on Monday came as a result of unmanageable rental costs, former operator Veronica Kaczmarowski explained to the Record.

"It's a very large space, and not all that space is used but we're obliged to pay for it because it is here," Kaczmarowski said, citing a lease that required an extremely high level of sale to be viable combined with a downturn in the economy leading to a reduction in sales. The sudden nature of the closure, she added, is just a reflection of how she received the news.

"We learned just before the weekend" the former owner said, explaining that she tried, unsuccessfully, to negotiate an alternative. "This was brutal."

In a post on the restaurant's Facebook page Wednesday morning, Kaczmarowski referred to her three years running Le Cartier as "an extraordinary culinary and social adventure." In speaking with the Record she carried on that theme, saying that her focus on promoting a real organic diet focused on locally sourced produce was a mission before her time at the restaurant and it will continue to guide her afterward.

"This is the end of the story for me here at the Cartier," Kaczmarowski said,

"but the adventure does not stop."

The former restaurateur did not shy away from the fact that running a restaurant comes with some serious pressures, but she argued that her reliance on more expensive local products was not the cause of Le Cartier's demise.

"The restaurant industry is challenging, I won't hide that, but it's easier for the big chains or when you deal with packaged, processed, prepared food," Kaczmarowski said. "There's a lot of restaurants in town that everybody knows haven't made money in years, and I'm talking really big places. They survive because they have very big financial backing from other sources. This is not my case."

With regard to the food that was being prepared, offering raw, gluten free, dairy free, and vegan meals, Kaczmarowski said that she saw huge demand. In a different venue, not bogged down by the same administrative costs, she said she feels the model could thrive in Sherbrooke.

"I think it could have continued," she said. "Le Cartier didn't vary too much between good years and bad years,"

Kaczmarowski was known for being actively involved in workshops and food-related activities around the City of Sherbrooke before and during her time at Le Cartier, and she said that she plans to



GORDON LAMBIE

Le Cartier restaurant located on Jacques-Cartier Blvd. has now closed its doors.

continue her involvement in that sort of event.

"There are so many excellent projects going on," she said, citing her recent involvement in the Ville Nourriciere urban agriculture conference as just one example. "That's what I was doing before I

came here and I will continue to do that. I was able to express that mission for three years through this really wonderful experience at the restaurant Le Cartier, and I will continue doing it now in other ways."

## Re-entry

CONT'D FROM PAGE 1

permanent infrastructure in 2017 when sidewalks are added.

At Sainte-Marguerite on St-David St., signs forbidding motorists to park between 7 a.m. and 5 p.m., Monday to Friday during the school year have been added.

"These initiatives reflect the recommendations of the Walking, Cycling, Active City Committee, which oversees Vélo Québec and on which the City of

Magog takes part, including various primary schools, the Des Sommets School Commission, the Memphremagog Police Authority, and even some parents," said Mayor Vicki May Hamm. "City Council has reserved a budget to ensure the safety of our youth near schools where this aspect is considered problematic by users. This is one of our priorities. We also hope to have succeeded in reassuring parents."

## Queen St. closed Saturday

Record Staff  
SHERBROOKE

The City of Sherbrooke is reminding motorists that Queen St. between College and Academy in Lennoxville will be closed on Saturday, August 27, between 7 a.m. and 5 p.m., for the 7th Lennoxville Street Festival.

Three detours are suggested:

- College Street - Belvedere Street South - Galt Street West.
- Laurier Street (Joffre Bridge) - Galt West - Belvédère Street South - College Street.

- College Street - Lorne Street - Warren Street - Queen Street.

**COUNTRY DANCE CLASSES**  
www.clubdancountry.com

**New classes starting:**  
SHERBROOKE (West) Fri. Sept. 9, 7 p.m.  
THE HUT (A.N.A.F.) Tues. Sept. 13, 7 p.m.  
Fleurimont Wed. Sept. 14, 7 p.m.  
Magog Thurs. Sept. 15, 7 p.m.

**Manon Levesque, Instructor**  
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Also! Dance night every Friday starting Sept. 9. Dance on Sunday p.m. in Sherbrooke and Magog starting Oct. 16 - see schedule (free mini classes included).

**For more information, call 819-636-0505**

**Public Notice**  
Join us for our Annual General Meeting of Literacy in Action September 6, 2016.

**Why:** To find out what we do and how you can get involved!

**When:** 5:30 p.m. to 7:30 p.m.

**Where:** Uplands Cultural and Heritage Centre, 9 Speid Street, Lennoxville

**RSVP** info@literacyinaction.info or 819-346-7009

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A.N.A.F. Unit #318  
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Tickets available for pre-sale at The Hut.

**The Hut 819-346-9122**  
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Sherbrooke (Lennoxville)

# Meet 2024 Olympic Games hopeful, Jada Winter Manson



## THE SCOOP

MABLE HASTINGS

With 22 medals under their belts, the 314 member Canadian Olympic team has returned from Rio de Janeiro, Brazil after competing from August 5 to 21 in the summer games held there. 128 men and 186 women participated in 27 sports representing Canada. 15 bronze, 3 silver and 4 gold medals including the four attained by sixteen year old swimmer, Penny Oleksiak the youngest Canadian gold medalist in history. The participation following all of the hard work in itself must feel like a huge accomplishment to these athletes; add

to that the medal count and surely their efforts have been rewarded.

I believe that something even greater was achieved by these athletes and it is something that they will only come to understand now that they have returned to their country and their own hometowns. The profound affect that watching these Olympians has had on the youth of Canada (and surely other countries as well), has been inspirational, motivating and has sparked a new interest in sports and physical fitness. The games have even planted the seeds for the future and new dreams of goals and aspirations for many young athletes. I can't imagine how Penny Oleksiak will feel as she faces crowds of youngsters who see in her a spark of hope and a reason to believe. This is true of all of our Olympians and is likely an unexpected bonus as they return to begin to train for the future.

Throughout the duration of the games which flooded most channels of our television viewing, I had the pleasure of meeting up with Jada Winter Manson as she volunteered at the Reilly House in Mansonville. Jada is seven years old and is about to enter second

grade at Knowlton Academy. Jada loves sports.

"I have been watching the Olympics," beamed Jada. "It makes me so excited to see our athletes compete and I just can't stop watching," she said.

Jada told me that she is a runner and loves to compete in races held at her school as well as competitions held against other schools in the area. She said that she first ran against friends at her school and that her Physical Education teacher, Mr. Nicolas Lemaître asked her if she would like to try running as "her" sport? Jada was keen.

"The first time I raced, I didn't win and that is okay," explained Jada. "I was just happy to participate."

Last year while in grade one, Jada and her schoolmates competed in a three school event and Jada won third place and received a bronze medal, she said that this made her feel really proud and motivated her to continue to get better.

"My cousin, Zoey Webster is older than me and is a terrific runner and it makes me proud when she wins; which is pretty often," Jada shared. "You have to be proud of your schoolmates because they are a part of your team, like in the

Olympics."

This past week as I sat with Jada for an "official" interview, she held a pretty white box which she opened carefully. Inside the box she revealed two medals, 5 ribbons and the number she wore when she participated in the 1km run as part of the Tour de Lac Brome event, she was runner number 2203.

Jada is a very active seven year old. Besides running, she participates in the Saturday gymnastics program animated by Heather Croghan and she loves it. She also tells me that she loves art class with her teacher, Madame Josée Bourbeau but, her heart is in sports.

"The thing about sports," she explains, "you have to encourage others, be nice, and push yourself to reach your potential and at least try to do your own personal best."

Her final tip was to the runners out there...

"Try to get the inside lane, it is the best lane of the five and don't look back to see who is following you, just RUN!"

2024 just may see a new Canadian Olympic Medalist as Jada Winter Manson has some very big plans and the right attitude to achieve them.

## Vintage Car Show revs up for MS support

Record Staff  
SHERBROOKE

The Multiple Sclerosis Association Estrie (ASPE) has renewed its partnership with the Sherbrooke Antique Car Club for the 22nd edition of the Les Belles de Fleurimont exhibition to be held this Sunday, August 28.

Young and old are invited to come out between 8:30 a.m. and 4 p.m. at the Julien-Ducharme Centre in Fleurimont to admire some 600 sports and modified vintage cars on exhibit. The price of admission is \$5 for adults and \$2 for children 12 and under. All profits will be donated to ASPE to improve services for people with and fund research on multiple sclerosis at the CHUS, here in the Eastern Townships.

On site, a festive atmosphere and

retro music await visitors who can explore the offerings of a small flea market and enjoy the canteen and the drinks counter at their disposal.

The Estrie Multiple Sclerosis Association is a non-profit organization offering support and availability to people with multiple sclerosis and their entourage. MS is an unpredictable and progressive disease with no known cure and whose causes are as yet unknown. Muscle weakness, loss of balance, extreme fatigue and disorders of vision are just a few symptoms. In the Eastern Townships, over 2,000 people are affected..

For more information on the exhibition Les Belles de Fleurimont, please contact Pierre Casavant from the CVAES at 819-575-9949 or Jasmin Noël, from the ASPE at 819-812-3300.



The 22nd Edition of the Belles de Fleurimont vintage car show takes place this Sunday at the Julien-Ducharme Centre to support MS sufferers.

ASPE

## Rotarians distribute school supplies to needy kids

Record Staff  
SHERBROOKE

On Tuesday, the Sherbrooke Rotary Club distributed school bags in institutions of the School Board de la Région de Sherbrooke for the 10th consecutive year

In total, the Club handed out 250

backpacks that included all required school supplies to be shared among eight schools in disadvantaged Sherbrooke neighborhoods. First-year students will benefit from new school materials to facilitate their entrance to school and their integration.

Thirty volunteers, members and

friends of the club, have been involved throughout the year in shopping, preparation, and distribution of bags. The realization of this project and the purchase of equipment are made possible by funds raised at the Rotary Book Fair of Rotary, to be held next October, and the club's annual Wine & Cheese

party.

This project is part of the priority mission of Rotary International that is literacy. Locally, the Sherbrooke Rotary Club hopes to help generate interest among young people towards reading and schooling.

## ONE COLUMN, FOUR VOICES

# Opening to the Sprit

## Today's Word: *Extravagance*

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Carole Martignacco

1) When I think of the word extravagance, my mind goes back to a restaurant meal I had in Montreal years ago with my sister and her boyfriend. We were on rue St. Denis in Montreal and we ate the most amazing meal. We had a great bottle of wine and the most expensive appetizers and entrees. To this day it is probably the best meal I ever ate.

What makes this story so unusual is that my sister lived the most frugal life of anyone I know in those days. She never spent much money on clothes. She spent a whole winter in Halifax living on her tips while working as a waitress. She was saving her salary for a trip to Europe. She lived very thriftily, but every once in a while she would splurge on an expensive meal. From time to time we all need a little extravagance. We need to treat ourselves and enjoy life.

I love to cook and there is nothing I enjoy more than preparing a wonderful meal with all the special fixings for my family and friends. The presentation, the extra ingredients, my own recipes, all contribute to a truly memorable occasion.

A biblical writer once said: "For everything there is a season and a time for every matter under heaven". In life there are times to be frugal, but also times for extravagance, times to splurge and truly demonstrate how much we cherish the ones we love.

2) Summer is a season of extravagance. Sunlight spills over onto everything, spreads a field of diamonds on the lake. Clouds overhead momentarily reinvent their forms. Flowers with endless variation bloom and reseed themselves in profusion. Study for a lifetime - could anyone name them all? One sky overhead, each day an incredible lightshow. Countless shades of green everywhere - I take them for granted, assigning it all the one name - green. Until that moment I sit down to paint, try choosing from the tubes at hand and find I need to mix - yes, endless shades for highlights and shadows. How many ways can a universe say green? Or blue?

How many ways to say flowers, seeds,

stones, insects, animals, people, or stars? With rampant abundance, this generous diversity is a common feature, running like a theme song through everything the universe does. And it continues out to the farthest reaches, rehearsing infinite ideas of what a planet can be, or a meteor, galaxies without number. As if this universe we call home can't help but outdo itself, saying - look, this bounty is forever, my creativity has no end!

A painter observes the same landscape day after day for how light keeps playing with colour, detail and form, and know there's no way to have seen it all before. Look - even your own backyard undergoes revision as you watch. We live so immersed in this daily extravagance it becomes too familiar, like the face of a loved one we've lived with for years and think we know by heart. Life itself is a season of sheer extravagance. Why risk missing it! Resolve every day to make time to stop, look, listen and take note, giving praise and thanks.

3) Every year, at Christmas time, I pitch in and help make wreaths. It is an important fund-raiser for our church, as well as being a great time to develop a person's arts and crafts skills. If there is one place where extravagance is welcome, surely it's on the Christmas wreath. The assembly room is filled with baskets of decorations, carefully laid out on long tables, each basket sorted by colour and purpose, size and shape. I look with admiration at those to my left and to my right, trusty clue gun in hand. Tinsel and baubles, bright red bows and noisy silver bells: all is raw material for the wonderful creations being crafted.

Every year I go determined to create something truly extravagant, maybe even gaudy. Maybe I should do an all silver one, silver bells, silver pine cones, silver beads, with the hugest, gaudiest bow I can find. Each year, instead, I end up creating one after another of these all natural affairs: straw angels, natural coloured bows, chestnuts and miniature wooden toys. Why do I always seem to be so cautious? Why can't I just for once be a little more daring? It speaks to my attitude beyond wreath making, my attitude towards life in general.

Some folks go through life extrava-

gantly. I don't mean extravagant spending. It's as if life was a big juicy apple and they practice taking great, big bites of it. They live generously. They seem to live more fully. They leave us with the legacy of extravagant heart-felt living.

This year I am determined. I'll make a splash. It will be a statement. My wreaths will sparkle and glitter. They will speak of the indomitable human spirit that believes in Christmas miracles and holds out hope for a reversal of hard luck times. My wreaths will be a next step in daring to live more boldly. Wish me luck!

4) I didn't grow up with extravagance. It was, in fact, quite frowned upon. "Some people have more money than brains," my father or my mother would say to describe someone who bought a new car, or spent money on things like manicures or fruit at the edge of the season.

I live in an ambivalent way with extravagance myself. It is not the words of my parents that draw me up short, but the words of Gandhi: "Live simply, that others may simply live." Who do I think I am to deserve such extravagance while I know that others are starving or have no home?

A thought experiment asks peo-

ple this question: If you saw a child that was drowning in front of you, but you would have to ruin your shoes to walk into the water to save them, would you do it? Everyone says yes. Then we are asked how much we paid for our shoes, and how many pairs of shoes we have, and how many children could have been saved if we had spent less on shoes and more on mosquito nets or medicine or food instead. Thoughts like this keep me (often) frugal.

But, then I remember the extravagance of God. Not one type of flower, but billions. Not one type of tomato. Fields of wheat, energy, trees, human minds, and the creativity to build any kind of wonderful thing. The story is told of meeting of two saints over a meal. One refused all food but for a bit of bread and water, choosing the austere life of denial. The other enjoyed every good thing put before her, declaring that God is good and wants us to enjoy all of creation. It has also been said, by one wiser than myself, that when we meet God face to face, there may be only one question we are asked: Did you enjoy my Creation? I hope my answer will be yes.

One word, four voices - now add your own: What does it mean to live a life of extravagance?

## Driver killed in 610 accident

Record Staff  
SHERBROOKE

An accident on the 610 early Thursday killed a driver near St-François Blvd.

At around 4:50 a.m. a van traveling eastbound veered from its course and hit a rock. A fire broke out after impact with

the occupant still inside. The man did not survive.

Highway 610 eastbound towards the CHUS was closed for several hours Thursday morning.

The cause of the accident is being investigated.

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# EDITORIAL

*I had no French and just one friend/contact in Annonay, Ardeche, hundreds of miles away.*

## The Teacher in England



TOM CAVANAGH

**M**y first mistake was packing way too much. I had no clear idea about how long I would be gone or what I would be doing so two suits were included. Totally out of control: sports coat, shirts, ties, shoes, sweaters, soap, etc., etc., until I realized I could barely move the two heavily loaded suitcases. Remember beloved reader it was the 1950's and no wheels on bags - except for beautiful airline hostesses. A realization of the enormity of my errors came only when staggering around narrow winding streets of Paris near the Gare de Nord in search of a cheap hotel with my arms feeling like they may be coming right out of their sockets.

I had no French and just one friend/contact in Annonay, Ardeche, hundreds of miles away. With his help I bought a Vespa and learned slowly how to drive it winding around trees in a park. Some happy times there and the hardest thing was my childish memory and tendency to stop the bike by sticking my feet forward on the road to slow it down and come to a halt. That's what we did as kids on our bikes, and in time I did subdue that very dangerous inclination. It doesn't work on motorized vehicles. Honestly, putting my feet down more than once is pure idiocy. If there were gold medals for stupidity I would be an Olympic contender. Anyway time to put the big bags in storage and travel light.

Next decision: My very own Grand Tour via France, Italy, Austria, Germany, Holland, Belgium, etc., with only two small bags hooked on to the rear of my Vespa. Learning all the time. At a slow stop light on a busy cross road in a small town beyond Marseilles a group of teens waved smiled and cheered me on. I happily waved back. Nice kids.

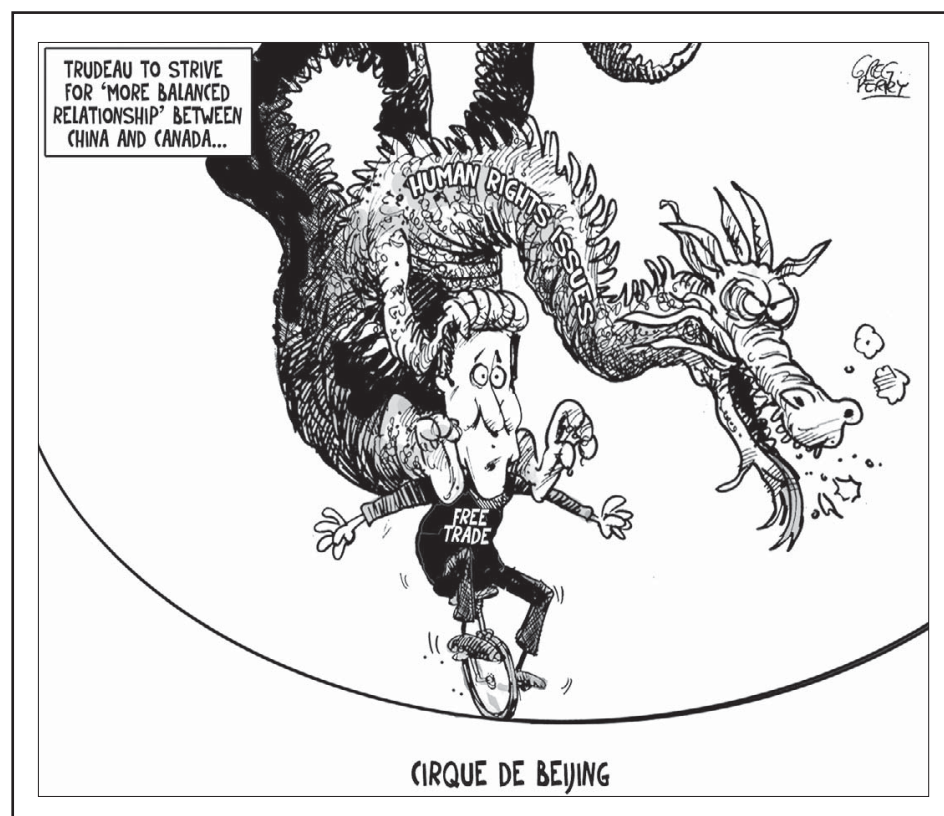
An hour later I check my two bags strapped behind me. Aargghh only one bag remains. Next decision: Go back? No point. Focus on the moment: What's up? Well, I'm on my own Grand Tour and living my dream. On my way finally and I know the drill too. (Well, sort of.) Youth hostels all the way. This is what the young free spirits are supposed to do. Yes? No? Well, yes in part. I met some similar spirits on the road. Doing what comes naturally. Looking so cool with my helmet.

Some bad luck occurred too. I lost control in the rain on a rather steep section of the Apennines and tumbled down the mountainside with the scooter spinning and bouncing along nearby. Too close. But good news too. When the Vespa finally got pushed and wrestled back up on the road it restarted again after just a few trials. I was very fit back then, Mike helped a lot, and I'm getting to love the Vespa.

Connecting with Mike the Australian auctioneer was miraculous. He, like me, was on route to England and we stopped together at the next Youth Hostel. Simply running out of gas can be a huge problem when you don't speak the language. In any case for a month or more we travelled together. What a difference it makes to have a friend anywhere, but especially in countries where you speak neither French nor Italian. A friend really helps. Always. I was heading north toward Venice while Mike was going south. But the next day at another youth hostel there he was. "Hell," he said, "I'm in no hurry." And neither was I.

The only down side about Mike was his noisy snoring. I swear to God he could take paint off walls and it bothered everyone. At different hostels fellow travellers were infuriated. Many believed whistling might shut him up. I don't know where that folk wisdom originated but it was totally ineffective. Shouting "shut up" didn't help either.

With Mike as company there was no relief. So we often had the whistling, cursing, threatening, and yelling in various languages during our travels. He was smart, witty and good company when awake. Sometimes I pretended I didn't know him. Fair weather friend? Well sort of. Sorry but I have to be hon-



est, and the good memories do compensate.

The Munich beer festival was unforgettable. The Youth Hostels were packed and no hotels were available but we had luck. Some locals took in short term travellers and Mike and I ended up in in a big private home. A third elderly man in the room went unnoticed, buried and out of sight under an overwhelmingly huge duvet. At the festival we had the time of our lives. Probably drank too much but had fun and were happy. How could you not be? Laughing, yelling, singing, (or trying to), and generally just letting the good times roll. Everyone was a friend. Back in our house I strangely decided to take a swan dive from the high dresser down into that huge deep welcoming duvet. Weird decision but felt right.

"Whoops! Hey Mike! Someone's at home down here! Angry as hell. Hey

Mike, come on. Get the old guy a drink."

Well, no fooling he wanted to fight. Furious and ready to go. Then the landlord arrived and things settled down. He brought with him a fold-up bedspring and mattress, opened it and laid it on the floor for me. Fine. I lay down, the landlord leaves and a few moments of silence. Then suddenly BANG the bedspring slams closed on me like some gigantic out of control mouse trap. Feet greet face. Back to square one. Mike and me roaring with laughter again. The third man is smiling now too. A remarkable memory. Unforgettable.

Finally, silence or simple fatigue, and here we are back on the road again. Goodbye Munich. No smiles. No good-byes. No waves. No new friends. No matter. I never laughed so long and hard as on that memorable time in that oh so memorable city.

**MS lives here.** Multiple sclerosis never hits just one person. It affects the entire family.

**MS** Multiple Sclerosis Society of Canada  
1-800-268-7582 www.mssociety.ca

## Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

### THE RECORD

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		GST	PST	TOTAL	
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	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

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QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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# Local Sports

Dr. Piche reveals the importance of good dental health for good overall health.

## Dentist on the run Maureen Piche makes it hurt on the trails



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Dr. Maureen Piche's passion for running not only delivered a fitter body, it helped her to succeed as a dentist. Dr. Piche, a Richmond B.C. native and mother of two, is the owner of Harmony Dental Studio in Steveston, B.C. In our Q&A email interview, Dr. Piche reveals the importance of good dental health for good overall health.

**Q:** Which came first, your passion for dentistry or your passion for running?

**A:** While studying for my undergraduate degree I found that running was a good way to help me sit through long days of lectures. I also used my running time to rehash theories and problems I was learning about. I continued running throughout my dental degree and still

find that time on the pavement is the best way to work out complex dental reconstructive cases and where I get my best ideas for my dental practice.

**Q:** How important is having good dental health?

**A:** I really feel strongly that dental health is an integral part of overall health. I don't think you can be healthy without a healthy mouth - you can't separate your mouth from your body. (Having) healthy teeth allow us to eat healthy foods to fuel our body, they help us smile, talk and kiss in our social interactions...pretty important stuff.

**Q:** What is your mission statement?

**A:** My practice mission focuses more on the whole person than just "teeth and gums". Health minded people want their best smile for life and we help them get and maintain a beautiful, healthy and functional smile. Every person and every smile has different needs, so we come up with personalized plans for each person.

**Q:** What are some tips to make sure we keep healthy teeth?

**A:** See your dentist regularly of course! But the old adage that an ounce of prevention is worth a pound of cure is especially true for teeth. Doing your homework to eat healthy food and properly brush and floss is most important. People often blame candy and sweets for



Dr. Piche, a dentist on the run.

MAUREEN PICHE

cavities, but forget that all carbohydrates start to break down to sugar in the mouth. Also, many dental problems are painless until it is too late to save the teeth. Periodontitis (gum disease) for example is very common and most patients don't feel any pain until their teeth have become very loose.

The truth is that running and living a healthy life helps me to live my best life and be the best dentist I can for my patients.

[www.runwithit.ca](http://www.runwithit.ca)

Twitter: @christineruns

Run With It on YouTube - [runwithitcb1](https://www.youtube.com/channel/UCB1)

## Quebec Youth Rowing Cup in Sherbrooke

Record Staff  
SHERBROOKE

After successful events in Waterloo and Terrebonne, the Club nautique de Sherbrooke will host the third leg of the Quebec Youth Rowing Cup on August 27 beginning at 9 a.m. on

Lac des Nations. Boats will be launched near the Armand-Nadeau pavilion.

Simon Bouchard-Robert, who was in charge of rowing at the 2013 Canada Games, will be the principal organizer of the regatta, assisted by a dozen volunteers and five official judges from Row-

ing Canada.

"This will be the fifth race that I organize in Sherbrooke and my first on Lac des Nations," Bouchard-Robert says. "I'm looking forward to seeing the young performers on the 1000 metre course that has just been installed. The men's U17

skiff race will be one to watch."

Over fifty young rowers, representing seven of the 11 member clubs of the Provincial Rowing Association from Sherbrooke, Alma, Boucherville, Lachine, Laval, Terrebonne and Waterloo will row Saturday.

## Good Reads

CONT'D FROM PAGE 2

the British Raj, class distinctions, religion, the negative effects of loneliness and dislocation, the enduring sadness of unloved children, and the healing power of nature, laughter and positive thoughts. The classic story will strike a chord with those who think today's children are spoiled and spend too much time indoors.

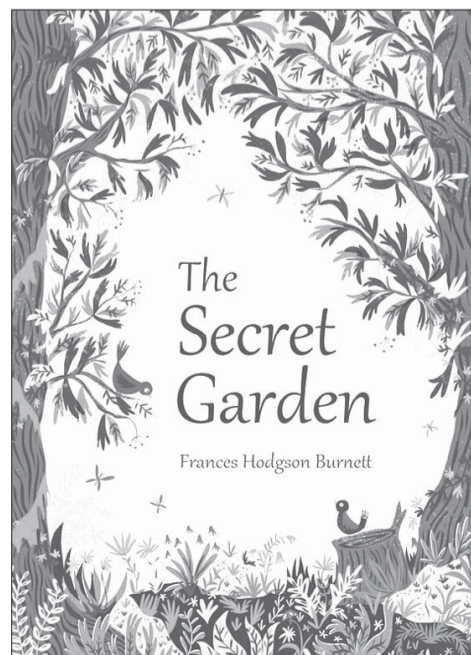
BOOK ENDS

Lennoxville Library's Blow-out Street Festival Book Sale! Hundreds of titles (in

good condition), adult, young adult, children's, fiction and non-fiction, English and French for as low as \$1.00 a book (\$0.50 for children's titles). Also, special discounts for quantity purchases!

When: Saturday August 27th from 10:00 a.m. - 3:00 p.m.

Where: Bibliotheque Lennoxville Library 101 Queen St., Sherbrooke (Lennoxville)



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# Lennoxville Street Festival

**7th Edition**

Queen Street, between College and Academy street  
*This is the perfect occasion to explore*

## SHOW SCHEDULE

### GLOBAL EXCEL STAGE

(on the corner of Samuel-Gratham Street)

- 10:30 a.m. **JAN GRAHAM & RON HASELTINE** OLD-TIME FOLK
- 12:30 p.m. **ZE RADCLIFFE FANFARE** FOLK POP
- 1:30 p.m. **TIM BRINK** FOLK ROCK

### FAMILIPRIX STAGE

(located next to 159 Queen Street)

- 11:00 a.m. **MARIANNE VERVILLE & GUAJIRA** WORLD MUSIC
- 12:00 p.m. **DUO SUL'DIVAN** DUET FEATURING GUITAR, & VOICE
- 2:00 p.m. **EXPRESSION MUSICALE** INTERACTIVE WITH TAM-TAM

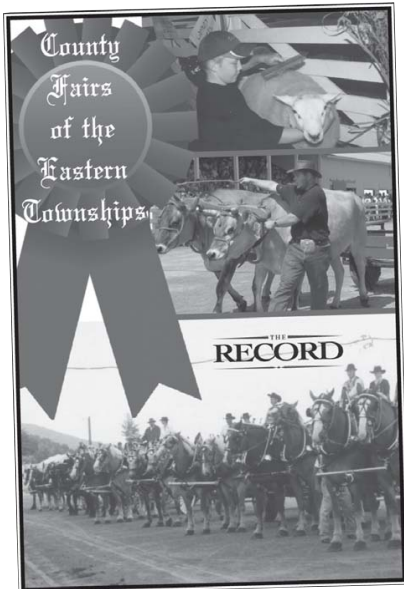
### SMALL STAGE

(125 Queen Street)

- 11:00 a.m. **BILL DIER** RETRO MUSIC

## THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



This year, the Lennoxville Street Festival will be held on August 27. Drop by to renew or take a new subscription at our special rates. You can also pick up a copy of our new commemorative book "County Fairs of the Eastern Townships" at the low price of \$15 (taxes included).

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Robert Lafond

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David W. Price  
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Claude Charron  
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# - Saturday, August 27, 10 to 3

Streets, will be closed to traffic and open to pedestrians only.  
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**e surrounding area.**

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**ises on tap!**



**Mechoui Fundraiser**

A.N.A.F. Unit #318  
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Saturday, September 17 at 6 p.m.

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Tickets: \$20, 6 to 12 years old: \$10.  
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**10 H À 15 H**

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August 27 - 10 a.m. to 3 p.m.  
 Queen Street in Sherbrooke

**125 TABLES**

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# Church Services

## Anglican

### FOSTER

St. James Anglican Church, Foster. We open our doors to welcome you on Sunday, August 28 at 9:15 a.m. for a Service of Morning Prayer, at the little church on the hill, 725 Lakeside, Foster. Join us afterwards to visit over refreshments. Everyone is welcome.

### GEORGEVILLE

The Venerable Dean E. Ross welcomes you on August 28 at 10:00 a.m. to St. George's Anglican Church, Georgeville for the celebration of the 150th anniversary of the church. We are honoured to have as celebrant and preacher, recently-elected co-adjutor Bishop of Quebec Bruce Myersand, with special musical performance by the occasional choir under the direction of our talented organist, Sarah Hoblyn. A time of fellowship will follow in Murray Hall following the service.

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st & 3rd Sunday at 11 a.m. Morning Prayer is held every 2nd & 4th Sunday at 11 a.m. 819-346-5564

## Mennonite

### NORTH HATLEY

Bible Instruction meeting to be held the Lord willing at Christ Church Hall, 1700 Capelton (Route 108), North Hatley on Sunday, August 28. Everyone welcome. 2:30 p.m. Congregational singing and devotions. 2:50 p.m. Topic: What constitutes proper attitudes - Raymond Siegrist. 3:30 p.m. Message: What Did This People Unto Thee? (Ex. 32:21) - Earl Heatwole. 6 p.m. Congregational singing and devotions. 6:30 p.m. Message: The Prayer of Jabez (1 Chron. 4:10) - Earl Heatwole. A complimentary meal will be provided at approximately 4:30 p.m. sponsored by the Wolcott Mennonite Church, Wolcott, Vermont. For more information call 802-888-5277 or 802-888-9113. Everyone welcome.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### BISHOPTON

Bishopton United Church service on Sunday, August 28, 10 :30 a.m., with the practically-reverend Tami Spire. All welcome.

### HATLEY/WATERVILLE

Sunday, August 28, no services at Hatley United and Waterville/North Hatley United. Rev. Mead Baldwin 819-837-1112.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, will be closed for the month of August. Please join our congregation at Plymouth Trinity United Church, 380 Dufferin Street, Sherbrooke (819-346-6373). Service at 10:30 a.m.

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister, Leslie Young, organist. Sunday, August 21, worship is at 10:30 a.m. We will be sharing in Holy Communion. During the month of August we are welcoming the Lennoxville United Church congregation. There are activities for children during worship. All are welcome! Service en français à 9 h dans la chapelle de Plymouth-Trinity; veuillez entrer par la porte derrière l'église. Bienvenue à toutes et à tous!

### TRENHOLM

Trenholm United Church. Come and join us in worship and fellowship on Sunday, August 28 at 11 a.m. Our service will be followed by our annual Steward's BBQ. We'll be serving hot dogs and fresh corn on the cob. All you need to bring is a beverage and your lawn chair! Everyone is welcome to join us!

# 'Advanced' cholesterol testing is useful for certain people

ASK DOCTOR K  
By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** Should I request "advanced" cholesterol testing at my next checkup?

**DEAR READER:** A standard cholesterol test, or lipid profile, measures levels of HDL, LDL, total cholesterol and triglycerides in the blood. So-called "advanced" cholesterol testing is a more detailed version of this test.

Cholesterol is a waxy, yellowish fat. It travels through your bloodstream in tiny, protein-covered particles called lipoproteins. These particles contain cholesterol and triglycerides, a type of fat.

The smallest and densest particles are high-density lipoproteins (HDL). Also known as "good" cholesterol, HDL removes cholesterol from artery walls. Low-density lipoprotein (LDL) particles are known as "bad" cholesterol. They add cholesterol to the artery walls. There, it creates artery-clogging plaque that can trigger a heart attack or stroke.

Most doctors use LDL levels to predict heart attack risk. But many people with heart disease have LDL levels that aren't especially high.

It turns out that not all LDL particles are created equal. Larger, fluffier LDL particles may have a harder time getting into arteries. Smaller, more tightly packed LDL may have an easier time getting into arteries, making them more dangerous. And a particular protein on LDL — apoB — further increases heart disease risk. Advanced cholesterol tests measure LDL sub-particles as well as apoB.

My colleague Dr. Jorge Plutzky is director of the Lipid/Prevention Clinic and co-director of Preventive Cardiology at Harvard-affiliated Brigham and Women's Hospital. He says that for the average

person, the additional detail from advanced lipid testing isn't critical. It wouldn't change the treatment a doctor would have otherwise recommended.

Why does he say that? Because there are plenty of new tests that have theoretical value in determining a person's risk of heart disease and stroke. But they should be considered standard, generally recommended tests only if they actually make the prediction of risk more accurate.

For a new test to become standard, it needs to be used along with standard tests in thousands of people. Those people then are followed for many years. Some will develop heart disease or have a stroke, and some will not. The standard tests, since they've already been proven, will do a good job. While they won't be perfect, they will identify people who are more likely to develop disease.

But will the new test, when added to the standard tests, make that prediction even more accurate? That's what has to be shown for doctors to use the new test.

Dr. Plutzky thinks that advanced cholesterol testing might help to better understand heart disease risk in certain groups of people. These include people with:

- A history of cardiovascular disease (CVD) without obvious risk factors (such as high blood pressure or diabetes);
- A history of CVD before age 55 in men or before age 65 in women;
- A parent or sibling with early heart disease.

Whatever you decide about the test, don't forget tried-and-true strategies for lowering heart disease risk. These include eating a healthy diet, exercising regularly and maintaining a healthy weight.

## SUDOKU

Difficulty: 5 (of 5)

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PREVIOUS SOLUTION

7	2	4	5	6	9	3	1	8
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3	5	7	2	1	4	6	8	9
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**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PREVIOUS SOLUTION

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4	7	8	3	2	6	9	1	5
8	5	1	6	4	7	3	2	9
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PREVIOUS SOLUTION

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Difficulty: 4 (of 5)

## SUDOKU

**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

E-mail your social news to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

**Death**



**Lewis (J.R.) COULOMBE (1940 - 2016)**

Passed away at the CHUS-Hôtel Dieu on August 22, 2016 in his 76th year.

He leaves to mourn his life companion Mary Levasseur, his sons Tony, Andy and Lewis Jr. Coulombe, his daughter Lisa Buzzell as well as his stepchildren Lynn, Michel, Éric and Julie. He will also be missed by his grandchildren, cousins, other relatives and friends.

Visitation will be held at the Cass funeral Home, 900, Clough St., Ayer's Cliff, on Saturday September 3, 2016 from 9:00 a.m. to 11:30 a.m. A celebration of life will follow at the funeral home with Rev. Barbara Wintle officiating.

**CASS FUNERAL HOMES**  
 900 Clough St. Ayer's Cliff QC  
 PHONE: 819-876-5213  
 FAX: 819-849-3068  
 cass@salonfunerairecoaticook.com  
 www.casshomes.ca

**Death**



**Brad MITCHELL**

Bradley Mitchell, loving husband of Ann (Cameron), and father of Doug, Jane and Susan grandfather of Lucas, Nico, Cameron, William and Sterling passed away in Sherbrooke on August 23, 2016, having suffered a stroke on July 18.

He lived a good life and a happy life. Born in 1935, he was a graduate of Bishop's College School and Bishop's University, institutions he loved dearly and supported throughout his lifetime. Loyalty and generosity were his defining qualities, especially to his family, who he loved so dearly. He loved to welcome people from around the world to his home. Whenever there was a friend in need, or a cause to be supported, he was there before a call for help was even placed. No matter where he lived, he was always a man of the Eastern Townships, where he, his siblings Antonia, Jane, Will and Andrew, and many of their children maintain their roots.

The funeral will be held on Saturday August 27 at 2:00 p.m. at the BCS chapel, at 80 Moulton Hill road in Lennoxville, Quebec followed by a reception at the dining hall. The family will receive condolences outside the chapel beforehand. The family is grateful to the staff of the CHUS and Brad's many friends in the North Hatley community for their care and support in his last month.

In lieu of flowers, the family would appreciate that donations be made to the William Mitchell scholarship fund at Bishop's College School.

**Death**

**Datebook**

FRIDAY, AUGUST 26, 2016

Today is the 239th day of 2016 and the 68th day of summer.

**TODAY'S HISTORY:** In 1768, British explorer James Cook set sail from England on his first expedition to the southern Pacific Ocean.

In 1920, the 19th Amendment was formally adopted, granting women the right to vote.

In 1957, the Soviet Union announced it had successfully developed and tested an intercontinental ballistic missile.

In 1968, thousands of antiwar protesters flooded the streets of Chicago as the four-day Democratic National Convention began.

**TODAY'S BIRTHDAYS:** Lee de Forest (1873-1961), inventor; Albert Sabin (1906-1993), microbiologist; Mother Teresa (1910-1997), missionary; Ben Bradlee (1921-2014), journalist; Irving Levine (1922-2009), journalist; Will Shortz (1952- ), crossword editor; Bradford Marsalis (1960- ), musician; Melissa McCarthy (1970- ), actress; Macaulay Culkin (1980- ), actor; Chris Pine (1980- ), actor; John Mulaney (1982- ), actor/comedian; David Price (1985- ), baseball player; James Harden (1989- ), basketball player.

**TODAY'S FACT:** Lee de Forest invented the Audion tube, which amplified weak electronic signals and made broadcast radio possible.

**TODAY'S SPORTS:** In 1939, announcer Red Barber called the first Major League Baseball game to be broadcast on television.

**TODAY'S QUOTE:** "If we have no peace, it is because we have forgotten that we belong to each other." — Mother Teresa

**TODAY'S NUMBER:** 1,550 — strategic nuclear warheads the United States and Russia are permitted to have deployed according to the terms of the New START treaty signed in 2010.

**TODAY'S MOON:** Between last quarter moon (Aug. 24) and new moon (Sept. 1).

average person, and some need less. For adults aged 26 to 64, seven to nine hours are recommended. For adults aged 65 or older, it's seven to eight hours.

So I do think there is likely a connection between your insomnia and weight gain. The former could be leading to the latter — and both of them could be caused by depression and anxiety. Talk to your doctor; there could well be a treatment that would improve your mood, help you lose weight — and give you a good night's sleep.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)\*

**Study offers evidence that insomnia, weight gain are linked**

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** I've been suffering from insomnia for the past year or so. I've also gained 15 pounds over the same time period. Could the two be connected?

**DEAR READER:** I spoke about this with my colleague Dr. Stuart Quan, professor of sleep medicine at Harvard-affiliated Brigham and Women's Hospital. He confirmed that there is growing evidence of a link between obesity and insufficient sleep. The growth of this country's obesity epidemic over the past 40 years, for example, correlates with a decline in the amount of sleep reported by the average adult. And in large population-based studies, obesity has been linked to less sleep.

But how might sleep deficiency be related to weight gain? A recent study published in the journal *Sleep* provides some clues. Researchers studied a group of young, healthy adults over the course of four nights. One group was restricted to 4.5 hours of sleep per night; the other group got 8.5 hours of sleep per night.

At the end of the study, the researchers measured two hormones responsible for hunger: ghrelin (which increases appetite) and leptin (which reduces appetite). In the sleep-restricted group, the ratio of the two hunger hormones was altered to favor greater appetite.

Other studies have observed the same thing. However, this study measured some-

thing more. Snack consumption — particularly items with more fat and protein — was higher after sleep restriction. And, strikingly, levels of appetite-stoking chemicals like ghrelin were higher at the time of greater snack consumption. These chemicals also stimulate reward centers in the brain.

So not only does sleep restriction make you hungrier, it also makes the act of eating more satisfying. In the face of this one-two punch, your willpower doesn't stand much of a chance.

This exciting finding requires further investigation, but it already supports existing evidence that sufficient sleep is important for optimal health. In particular, adequate sleep is important for combating obesity.

Not getting enough sleep regularly is also associated with many health problems besides obesity. Difficulty thinking and depressed mood are two consequences. So is an increased risk of accidents, and resulting injuries. Heart problems are more common. Inflammation in the body is encouraged by sleep deprivation.

The immune system is affected. For example, people do not get the same protection from vaccines when they are chronically sleep-deprived. Finally, the risk of getting Type 2 diabetes may be higher — even if chronic sleep deprivation does not result in obesity.

How much sleep do we need? People are different: Some need more sleep than the

**Do just one thing**

By Danny Seo



Having an in-ground swimming pool involves a lot of maintenance and responsibility, and it also can be a death trap for wild animals that accidentally get into the water and have no means to escape. One way to help small critters like frogs get to safety is to install a buoyant water-exit device. It's sloped on the sides and lets them leap, hop or climb their way to freedom. If you do find a wild animal in the pool, the Humane Society of the United States recommends using a skimmer to help lift it out, then release it back into the wild.

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:**  
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
 Discounts: 2 insertions or more: 15% off  
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
 Text only: \$16.00 (includes taxes)  
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

**WEDDING WRITE-UPS:**  
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**  
 For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
 For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Leap of faith

FRIDAY, AUGUST 26, 2016

## Annie's Mailbox

**Dear Annie:** Last year, I got out of a 10-year relationship. I thought she was the love of my life — until she cheated on me with one of my friends. I was devastated, and only recently have I started to be remotely interested in dating again. Lately, I've been on a few dates with this girl — let's call her "Lauren" — and she is

amazing. She's so beautiful and talented and kind. Just being around her makes me feel like a better person. I want to take things to the next level, but there's something holding me back.

I'm not sure I can bring myself to trust someone with my emotions ever again. What's the point of making ourselves so vulnerable when it so often just ends in heartache? This girl has set off no red flags, yet I keep waiting for the other shoe to drop.

How do people ever move on after such dramatic breakups? — In My Shell

**Dear Shell:** Risk is what makes trust possible. It's the gap that lets us take a leap of faith. If there weren't the possibility of falling, the feeling of landing safely on the other side would mean very little.

That's not to say we should jump into relationships recklessly or walk through life blindfolded. It's only natural — healthy, even — for you to feel cautious after what your ex-girlfriend did. But this new woman has given every indication that she is worthy of your trust. Go for it.

**Dear Annie:** I am 20 years old and have been best friends with this girl since we were 5. She's practically my sister.

She's engaged to a guy she began dating back in high school. Although he is very nice and genuinely cares for her, he does not seem at all mature enough to be married. After a single semester at a local community college, he left to pursue his dream of becoming a musi-

cian. He lives with his grandmother and works at Target. He gets extremely upset if anyone so much as suggests returning to school.

A little under two years ago, they broke up for about two months because he had objections whenever she hung out with any males not related to her. Despite his insisting he trusted her, it was clear he didn't. One night after they had gotten back together, my friend called me sobbing, heartbroken, because he had been jealous and said hurtful things again.

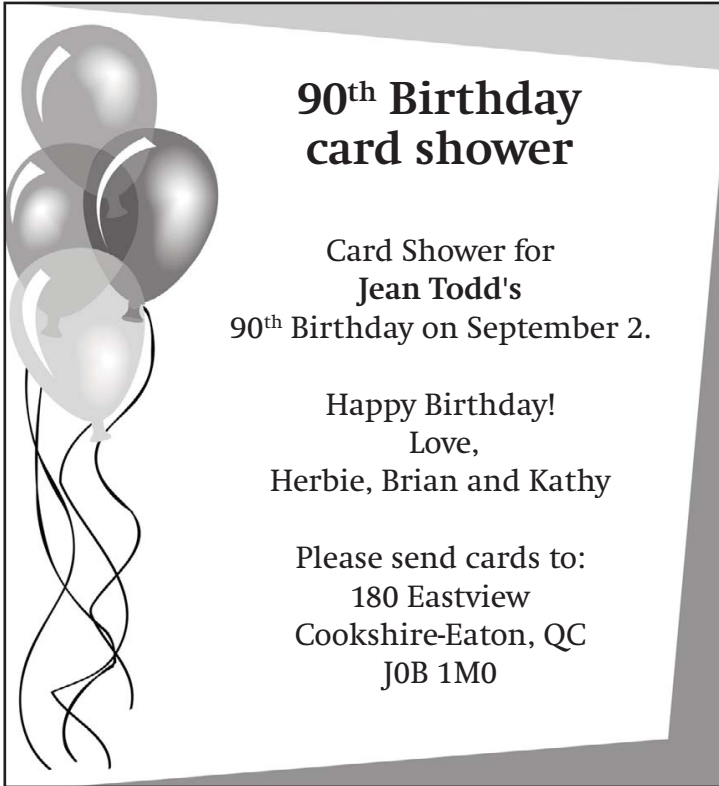
I'm worried that my friend is being naive. She has said she would marry him tomorrow if she could, although she plans on waiting till she is out of school. She has asked me to be a bridesmaid. I can tell that she's trying to make me like the guy better.

I know it is not my place to tell my friend what she should do with her life. I do believe that they love each other, and I want her to be happy, which he seems to make her. But I still fear that she's making a mistake. Is there any way for me to express my concerns without destroying this cherished relationship? — Looking Out

**Dear Looking Out:** It's heartbreaking to see friends treated poorly by significant others. All we ever want to do is to jump in, pull them out of the situation and make sure they never go back. If only it were that easy. You're wise to understand it's not.

As you know, your friend really wants you to like this guy, so the more she senses your disapproval the less she'll open up to you about the reality of the relationship. The best thing you can do is to continue being there for her, ready to listen whenever she's ready to talk, willing to give honest input if and when she asks for it. She's lucky to have you.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



**90<sup>th</sup> Birthday card shower**

Card Shower for  
**Jean Todd's**  
90<sup>th</sup> Birthday on September 2.

Happy Birthday!  
Love,  
Herbie, Brian and Kathy

Please send cards to:  
180 Eastview  
Cookshire-Eaton, QC  
JOB 1M0

## CROSSWORD

**Across**

- 1 Sonic employees
- 8 Shrinking section at Barnes & Noble
- 11 Bit of wit
- 14 Anatomical rings in irises
- 15 Earth-moving tool
- 16 Reproductive cells
- 17 Fishing spot for vacationing Londoners?
- 19 Upset, with "over"
- 20 Legwear for air travelers?
- 22 Ruff stuff
- 25 Lacking
- 26 Not quite right
- 30 Until now
- 33 P replacers, in some lineups
- 34 Woman's name meaning "white"
- 38 Smooth, perhaps
- 39 Retirement party remark ... or a ho-

- mophonetic hint to four long Across answers
- 42 Epps of "House"
- 43 Computer conveniences
- 44 [That's kinda funny]
- 45 Sylvester's genus
- 47 Radius, e.g.
- 49 "The Great Escape" setting
- 53 Lots
- 54 007 returning from assignment?
- 59 "... \_\_ quit!"
- 60 Vacant look?
- 64 Toondom's Phineas, to Ferb
- 65 Strauss' "\_\_ Heldenleben"
- 66 Like the edges of some mirrors
- 67 Dodge City-to-Topeka dir.
- 68 Mining supply
- 69 Talked big

- 23 Where many strikes are called
- 24 Subtle come-on, perhaps
- 27 Geisha accessory
- 28 Thin coating
- 29 WWII White House dog
- 31 Johnson & Johnson brand
- 32 Hard-working "little" folk tale critter
- 35 "30 Rock" network
- 36 Michael of "Arrested Development"
- 37 \_\_ vincit omnia
- 40 Work on a novel
- 41 System of thought
- 46 Carpenter's array

- 48 Access requirements
- 50 Forum language
- 51 "\_\_ you done yet?"
- 52 E. Berlin's land
- 54 See 22-Down
- 55 African city on the Mediterranean
- 56 Romaine relative
- 57 Muffin go-with
- 58 St. Petersburg's river
- 61 Space bar neighbor
- 62 What's found in central Arizona?
- 63 Byrnes of '50s-'60s TV

**Down**

- 1 Waiter at a stand
- 2 LAX stat
- 3 Bonn : König :: Lisbon : \_\_
- 4 Place of rapid growth
- 5 Miscellany
- 6 "¿Qué \_\_?"
- 7 Very, in Vienna
- 8 "Carmina Burana" performers
- 9 "It tolls for thee" poet
- 10 Wetlands grasses
- 11 Beat the buzzer, say
- 12 National alternative
- 13 Show wonder
- 18 Email attachment
- 21 Court action
- 22 After "Our" and with 54-Down, title for the Virgin Mary based on an 1871 apparition

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### CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" D R L Y ' F M J H M K P S W W O N K T L L J  
J D S W F G W B L Y U , E V F N K J L A W B L Z  
N K S D R P G M P C D A W Y N W O J W Y F K L B  
' G M O O K R M K P . ' — G W Y Z K H D Y S J W Z

Previous Solution: "Tom Bosley may have passed, but through that part and that character, a part of him will live on forever." — Scott Baio

TODAY'S CLUE: B equals E

### CELEBRITY CIPHER by Luis Campos

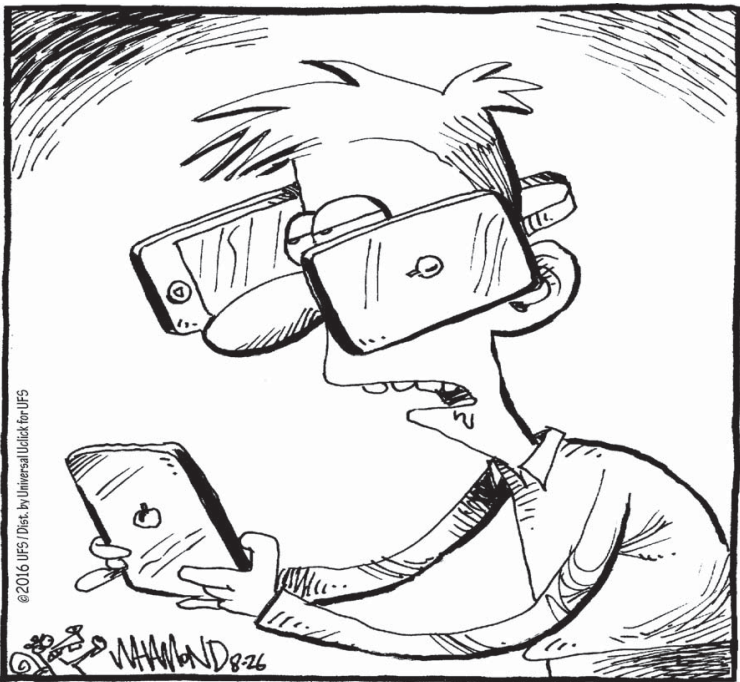
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" P K ( I T H H S A T H X P T C C ) B T X N P K  
I H K T N K X N U D X X R ' Z K K Z K H P T G  
... ( P K ) R E W C J K E O K G N P K K E N R H K  
O D J H X K D W A S C R W K . " — H D E P D B T H G

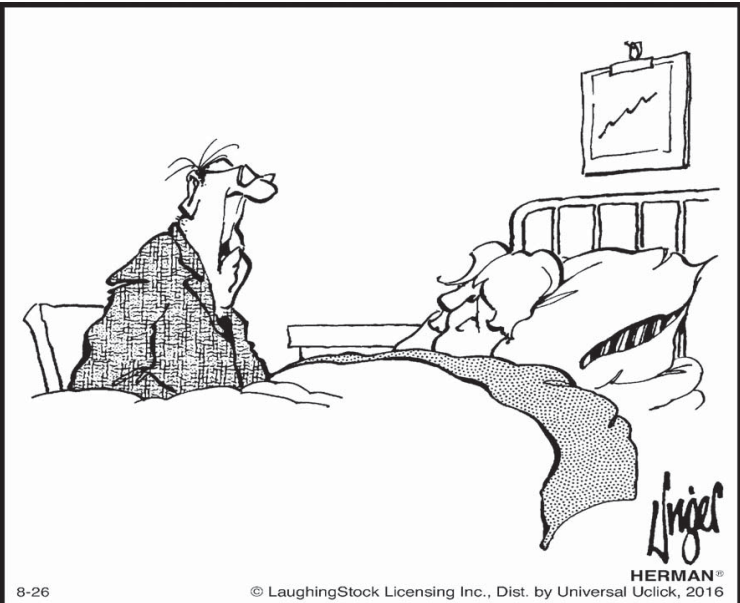
TODAY'S CLUE: U equals B

Previous Solution: "I don't always keep my cool like The Fonz, but my love for my kids has given me plenty of 'happy days.'" — Henry Winkler

### REALITY CHECK



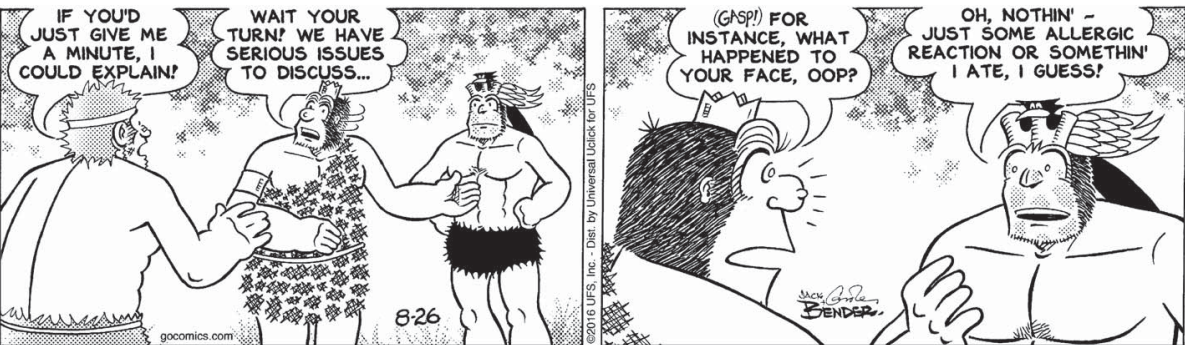
### HERMAN



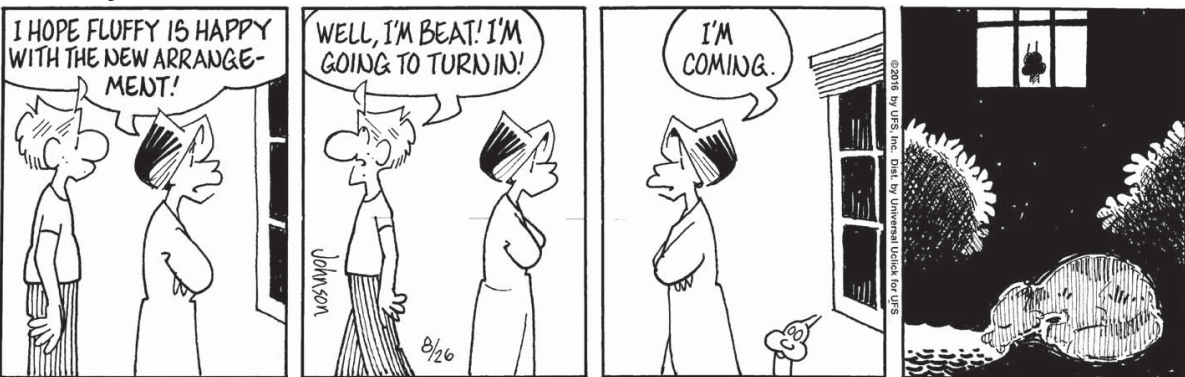
8-26 © LaughingStock Licensing Inc., Dist. by Universal Uclick, 2016

"How much longer you gonna be in here?  
The bread ran out last week and now  
the coffee and butter are gone."

### ALLEY OOP



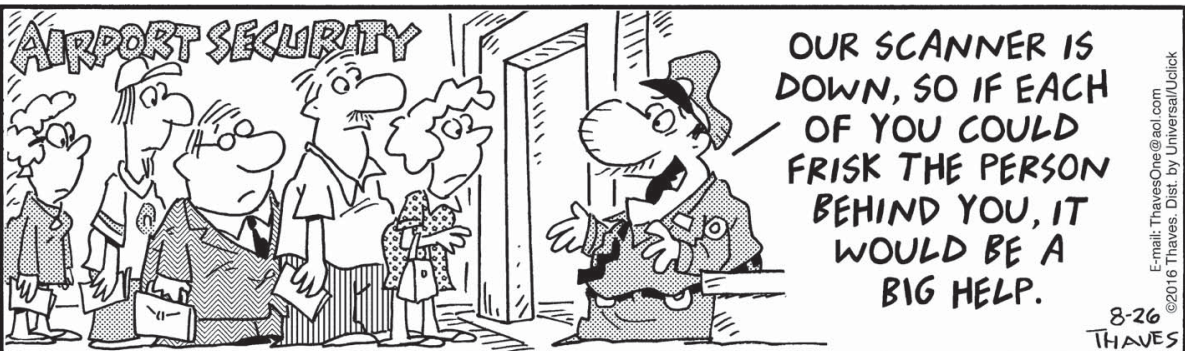
### ARLO & JANIS



### THE BORN LOSER



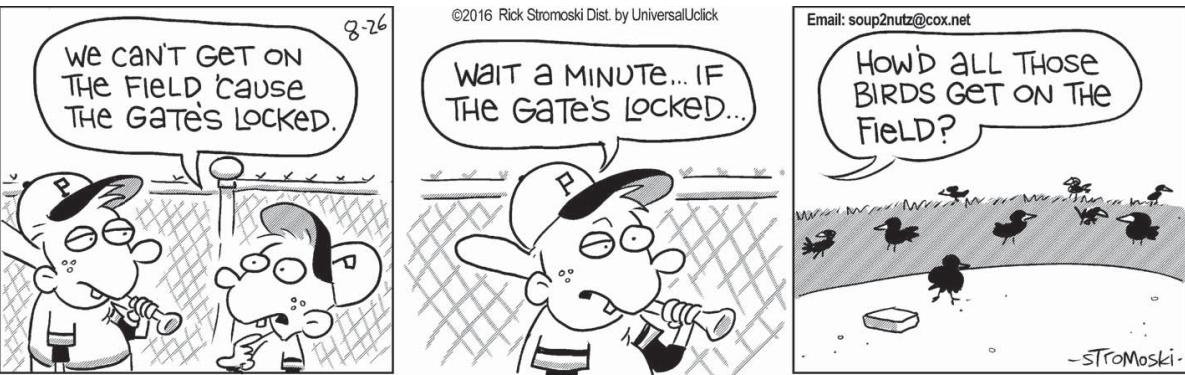
### FRANK AND ERNEST



### GRIZWELLS



### SOUP TO NUTS



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 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
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001 Property for Sale



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035 For Rent

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 www.sherbrookerecord.com

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WARBURTON RESIDENCE has 1 private large room in a family home near Lennoxville, personalized care, home cooking, doctor on call. References available. Very reasonable rates. **Now certified.** For a visit call 819-563-1388.

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 Consult our Classified ads!

100 Job Opportunities

Loisirs et services communautaires de  
**LAC-BROME**  
 Recreation and Community Services

## JOB OPPORTUNITY

### PROGRAM COORDINATOR

Lac-Brome Recreation and Community Services is looking for an experienced person to plan, organise, implement and evaluate a range of programs, events and activities. Reporting to the Director, the Program Coordinator's primary responsibilities will include:

- Planning and ensuring the delivery of recreational programming for all ages and segments of the community (including, for example, courses and workshops, sports, day camp, teen program, special activities and community events)
- Ensuring that relevant policies and procedures are respected
- Coordinating logistics for activities, managing registrations and ensuring that activities run smoothly
- Ensuring that facilities are prepared and equipment is installed as needed
- Recruiting, training, motivating and supervising seasonal staff and volunteers involved in various programs
- Demonstrating awareness of emerging trends in recreation
- Overseeing a budget and preparing budgetary reports as required
- Evaluating and following up on activities and making recommendations as required
- Keeping current statistics related to programs and activities
- Drafting reports and keeping files up-to-date
- Participating in the broader work of the organization

#### Requirements:

- Bachelor's Degree in Recreation or other relevant university-level educational background and a minimum of 3 years' experience in municipal recreation or a related field
- A DEC in Recreation combined with significant experience may be considered
- The ability to communicate in French and in English, both verbally and in writing, is essential to the job
- Immediate start
- Permanent position, 37.5 hours/week, flexible schedule
- Vehicle and driver's license required
- Salary according to the scale in place

Please submit your curriculum vitae by 4:30 pm on Thursday, September 8, 2016.

#### By mail to:

Lac-Brome Recreation and Community Services, c/o Human Resources, 270, rue Victoria, Ville de Lac-Brome, Québec JOE 1V0

#### Or by e-mail to:

info@lac-brome.qc.ca

Only those candidates selected for interview will be contacted. Thank you.

100 Job Opportunities

## URGENT

THE RECORD

is **urgently** searching for carriers in and around **Sawyerville**

(Routes can be divided)

**Motorized carrier(s)** for Ch Sawyerille, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)

**Walking carrier(s)** for:

Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at

**819-569-9528**

between 9 and 4:30 or by email at **billing@sherbrookerecord.com**

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info@lac-brome.qc.ca

Only those candidates selected for interview will be contacted. Thank you.

100 Job Opportunities

**MANOIR HOVEY**

Manoir Hovey, 5-star lakeside hotel and restaurant in North Hatley is currently hiring:

**- Housekeepers -  
 - Restaurant Servers -**

- Permanent position, full or part-time.
- Excellent working conditions.
- Join our award-winning team today.

Please send your application to **marketing@manoirhovey.com** or call (819) 842-2421 #219 **www.manoirhovey.com**

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**HAIRDRESSER REQUIRED** to part of our professional team. Must be dynamic and reliable, with or without clientele, bilingual. Location of chair to be discussed. Call Marie-France 819-566-1445.

100 Job Opportunities



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**MANOIR HOVEY**

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**- Housekeepers -  
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100 Job Opportunities

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170 Auctions

**RIPPLECOVE HOTEL & SPA**, a renowned establishment on the shores of Lake Massawippi, is looking to hire: receptionists, housemaids, pool attendant, waiters, sommelier, cook, Maitre d'hôtel, dishwasher, massage therapist. Send your application to **Directeur@ripplecove.com**

100 Job Opportunities

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 (450) 242-1188

125 Work Wanted

MAN SEEKING WORK as a property manager and chauffeur. 5 years experience. References available. Contact **sebastien1011757@gmail.com**

140 Prof. Services

**CONSTRUCTION O. BEAR INC.**  
 SLATE ROOF REPAIR  
 Consultation and new installation  
 www.constructionbear.com  
**8 1 9 6 4 0 . 4 1 0 0**

145 Miscellaneous Services

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

150 Computers



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**Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds!**  
**(819) 569-9525**  
 or  
**(450) 242-1188**

170 Auctions

**HORSE & MACHINERY AUCTION** to be held at the Cookshire Fair grounds **Saturday, October 1.** Anyone wishing to consign to this sale, contact **Ross Bennett 819-563-2020 • 819-572-5609** by September 27.

240 Fruits & Vegetables

**HEATH ORCHARD & Pottery**  
**8 1 9 - 8 7 6 - 2 8 1 7**  
**vergerheathorchard.com**

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140 Prof. Services

170 Auctions

**NATIONAL ONLINE BOAT & RV Auction,** August 31, 2016. Boats, RVs, ATVs, snowmobiles, side / sides and more. Pre-bidding begins August 29, 2016. For more information visit **AeroAuctions.ca**. Consignments welcome. Call toll free 1-866-375-6109 or 705-730-2411.

190 Cars For Sale

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170 Auctions

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

290 Articles For Sale

FOR SALE: Extra wide white pine boards, up to 20" wide, makes beautiful flooring, \$2.50 s.f. Chain harrows, \$350. Original barn fixture - perfect light fixture for outbuildings, \$250. Call 450-243-0411.



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294 Events

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330 Pets



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Want your ad to stand out?

For .50 a word - bold it.

340 Garage Sales

COOKSHIRE

Advance notice for Garage Sale. Tables for rent inside or out. All proceeds to benefit the Cookshire fair grounds. This will take place on Saturday, September 10. Tables are \$10 each and you can reserve by calling Robert Addis at 819-820-2387.

EASTMAN

Garage Sale, August 27 & 28 from 9 a.m. to 4 p.m. at 205 Rang du Roche, Eastman. Car, M.F. tractor, washer, dryer, and lots of other items. Last sale of the year.

345 Flea Markets

SUTTON

Sutton Outdoor Market, 10 Curley St., on every Saturday from 8 a.m. to 3 p.m. German war medals, vintage fishing tackle, army field phones, Canadian commemoratives, advertising tins, Budweiser steins, cast iron, "new" bottles, glassware and pictures, home baking, fresh vegetables.

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430 Personal

EDUCATED GENTLEMAN looking for a honest lady between 50 and 60 for companionship. Preferably Knowlton area. Contact 450-242-5831.

440 Miscellaneous

CRIMINAL RECORD? Canadian Record Suspension (Criminal Pardon) seals record. American waiver allows legal entry. Why risk employment, business, travel, licensing, deportation, peace of mind? Free consultation: 1-800-347-2540.

Looking for a companion? Place an ad in the classifieds. (819) 569-9525 (450) 242-1188

It pays to advertise in the classifieds

Do you have

# CASH

in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

THE RECORD 819-569-9525  
450-242-1188

**2-DAY AUCTION**  
for the estate of **GÉRALD GROLEAU**  
at 7255 Route Louis-St-Laurent, Compton (Route 147), Quebec JOB 1L0  
**Sat. & Sun., September 3&4, 2016 starting at 9:30 a.m. TO BE SOLD ON SATURDAY, SEPTEMBER 3.**

**MACHINERY:** MF 85 diesel tractor, 2 wheels; Kubota L245 tractor, diesel, 1800 hours; Kubota B1550 diesel tractor, hydro with mower and bucket; MF backhoe with Ford 50C backhoe and 14A bucket; MF 320 backhoe for parts; tandem trailer 16x6; wood splitter on 3 pts; mower on 3 pts; plough on 3 pts; lawn roller; 10' tandem trailer; 3 pts plough; harvester; 4-wheel hay wagon; small 4x6 trailer; 1 row plough on 3 pts; etc. **GARAGE ARTICLES:** Lots of tools of all type: electric tools; air compressor; electric welder; vise; machine tool; press drill; hacksaw; 16" plane; 8" conveyor; 4-sided plane; sawmill; animal scale; lot of metal barrels; lot of construction lumber; chains; battery charger; table saw; wood clamps; etc. **SUGARBUSH EQUIPMENT:** 2000 sap pails with spouts and covers; Champion water boiler; pail cleaner; water barrel; water pan; syrup tank; syrup canner; maple sugar stirrer; 2 taffy kettles; lot of taffy pallets; milk cans; many sugar camp articles.

**TO BE SOLD ON SUNDAY, SEPTEMBER 4**

**COLLECTOR'S CARS AND STATIONARY ENGINES:** 1958 Pontiac Starchief, 4-doors, 41,000 miles, a treasure; 1976 Buick Le Sabre, 34,500 miles; 1973 Vega; 4 stationary engines. **ANTIQUES:** Armoires; china cabinet; 2 wash boards; butter churn; trunks; suitcases; lot of chairs; tables; collection of planes; collection of tools; radios; spinning wheel; wooden barrel; sandstone jugs and jars; bells; lantern; lamps; Art Deco bedroom set; approx. 300 antique miniature figurines; retro kitchen set; wash board; car wheel; sewing machine; hand seeder; milk separator; socket plough; wooden pail; signs; license plates; metal washer; antique saw (St-Joseph); 2 sleds; sleigh; L'Islet wood stove; large blacksmith anvil; horse with wooden wagon and 10" can; piano bench; old torches; sewing machine for leather; harmonium; wooden wheelbarrow; wooden rakes; etc. **HOME FURNISHINGS:** Freezer; living room set; chairs; flat-screen television; lamps; tables; dishes; etc. lots of other articles too numerous to list.

**TERMS:** Cash, Debit, Visa or Mastercard. Canteen and tent on the premises.

**P.S.** This is a very nice sale not to be missed. **The crew from Canal D television will be there to film an episode of Boss des Enchères for this Fall's 2nd season.**

**LES ENCHERES A/B SHERBROOKE**  
Alain and Gaston Brousseau  
819-572-1279 or 819-846-3510  
www.encheres-ab.com  
Available for all types of auctions

FRIDAY, AUGUST 26, 2016

## Be careful when you make a signal

By Phillip Alder

North 08-26-16			
♠ A Q 4			
♥ 8 5			
♦ J 4			
♣ A K Q J 10 9			
West	East		
♠ 10 7 3 2	♠ 9 6 5		
♥ 7 4 2	♥ A Q J 10 3		
♦ K 9 6 5	♦ A Q 8		
♣ 6 5	♣ 7 2		
South			
♥ K J 8			
♥ K 9 6			
♦ 10 7 3 2			
♣ 8 4 3			
Dealer: North			
Vulnerable: Both			
South	West	North	East
		1♣	1♥
INT	Pass	3NT	All Pass
Opening lead: ♥ 2			

Ben Bernanke, a former chairman of the Federal Reserve, said, "My proposal that Fed governors should signal their commitment to public service by wearing Hawaiian shirts and Bermuda shorts has so far gone unheeded."

Bridge defenders should signal to each other and try to make the signals as conspicuous as a Hawaiian shirt or a miniskirt in a Middle Eastern bazaar. But at times they need to be careful — as in this deal.

South is in three no-trump. After West leads his lowest heart, what should happen?

South does not like to respond one no-trump with only one heart stopper, but with seven points, he should do something positive. North, looking at seven sure tricks, should have no compunction in jumping to three no-trump. Why look at five clubs, where 11 tricks are needed for game, when nine will do in no-trump?

If you did not support partner's bid suit, lead low from length even without an honor in the suit. Giving length information is more important than strength information.

Since South must have the heart king for his one-no-trump response, if East takes the first trick with the heart ace and continues with the heart queen, South will win that trick and run for home, taking the spade finesse if he needs a ninth trick to go with one spade, one heart and six clubs.

East must hope that his side can immediately take four diamond tricks. He wins with his heart ace and shifts to the diamond ace or queen. West does have the diamond king, so should signal his enthusiasm, but it must be muted with the six, not the nine.

Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change.

The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander**, **victim** and **bully**. The site also features a database of links to other anti-bullying websites.

Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to: [Subscribe@BullyingCanada.ca](mailto:Subscribe@BullyingCanada.ca)

More information contact them by email at: [Info@BullyingCanada.ca](mailto:Info@BullyingCanada.ca) or visit their website [www.BullyingCanada.ca](http://www.BullyingCanada.ca)

# Your Birthday

FRIDAY, AUGUST 26, 2016

You'll take three steps forward and five steps back if you aren't sensitive to what's going on around you and to the way others feel about the changes you are making. Be smart, offer incentives and avoid opposition. A suggestion will be hard to swallow, but worth listening to and adopting.

**VIRGO** (Aug. 23-Sept. 22) — Take heed of what's being said or offered to you. Someone will take advantage of you if you display vulnerability. Size things up and do what's right. People with ulterior motives should be avoided.

**LIBRA** (Sept. 23-Oct. 23) — Don't be tempted to make physical, emotional or personal changes based on false information or empty promises. Research will be necessary to avoid disappointment. Don't trust a smooth operator.

**SCORPIO** (Oct. 24-Nov. 22) — Don't trust anyone to handle your money or personal affairs. Meaningless promises and bad information will put you in a precarious position. An interesting lifestyle change is encouraged.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Partnerships should be questioned if they don't appear to be fair. Size up your situation and make your move. Look out for your own interests. Don't give in to emotional blackmail.

**CAPRICORN** (Dec. 22-Jan. 19) — You may desire change, but it won't be in your best interest. Take the time to observe anything that attracts your attention before you decide to jump in with both feet.

**AQUARIUS** (Jan. 20-Feb. 19) — Explore

what's available to you and make changes to accommodate your aims. Gather information and promote what you have to offer. Diversity will be your strength.

**PISCES** (Feb. 20-March 20) — Proceed with caution. A trick question will lead to discord and compromise. Be careful not to show vulnerability and don't give in to emotional manipulation. Walk away from a bad situation.

**ARIES** (March 21-April 19) — Someone will lead you astray if you don't question what's happening. Be disciplined and make moves to ensure that no one takes advantage of you. Personal change is favored.

**TAURUS** (April 20-May 20) — Don't let an emotional matter ruin your day or your progress. Handling matters involving children and elders will be necessary. Look over contracts carefully. Handle money matters personally.

**GEMINI** (May 21-June 20) — Keep busy and avoid discord with peers or relatives. Domestic problems at home are best taken care of before the situation becomes costly financially, physically and emotionally.

**CANCER** (June 21-July 22) — You'll have to work hard to get to the bottom of a certain situation. Information will not be offered freely, making it important for you to let your intuition be your guide.

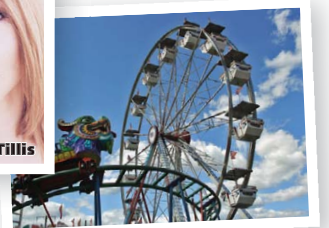
**LEO** (July 23-Aug. 22) — Don't let anyone take advantage of you by preying upon your emotions. You can offer assistance, but remember that you should be taking care of your family before anyone else.



**Sept. 1-5, 2016**  
**Route 3, Lancaster, NH**

**Bring the whole family & stay all day or reserve a campsite for more fun!**

**The best fun-filled family event in Northern New Hampshire!**



**WILD RIDES & mild ones • LIVESTOCK competitions**  
**4-H EXHIBITS • Live music EVERY DAY • FREE Sat. night concert featuring LORRIE MORGAN & PAM TILLIS**

**ONE LOW PRICE\***  
for admission, midway rides & concert

**FREE PARKING**

\*Does not include the Big Rig Truck Pull, 4x4 Truck Pull, or Demolition Derby Grandstand Shows

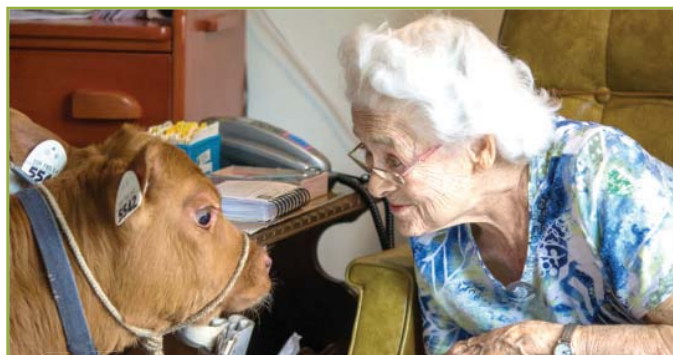
**Visit [www.lancasterfair.com](http://www.lancasterfair.com) for more information!**

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Sherbrooke, QC  
(819) 569-0546



**Connaught Home**  
77 Main St.  
North Hatley, QC  
(819) 842-2164

Now is the time to create more opportunities for senior living care and ensure the longevity of this vibrant community for years to come. Your contribution is an investment for seniors, our families and our communities - an investment in their future and perhaps your own.



*Enjoy the Ayer's Cliff fair!*

**A pledge of \$20 a month amounts to \$1200 over 5 years**

The commitment of 1000 Townshippers giving in this way would secure **\$1.2 million**

*Together we can!*

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I support the Capital Campaign for the **Dr. W.J. Klinck Foundation**, and I pledge to contribute a total amount of \$

The amount will be paid as follows:  1 payment by cheque  OR  5 equal annual payments  First payment enclosed

Please make your cheque out to: **Dr. W.J. Klinck Foundation**. All donations are tax deductible as permitted by law.

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Address: \_\_\_\_\_  
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Email: \_\_\_\_\_  
 I would like my name and the amount of my donation to be publicized  
 I would like only my name to be publicized  
 I wish my name and donation to remain anonymous  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Campaign Coordinator 819-569-0546 ext: 33

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